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Capital Pg4

Festivals, Flugtag fill long weekend

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Ex city fire chief electrocuted near Ottawa

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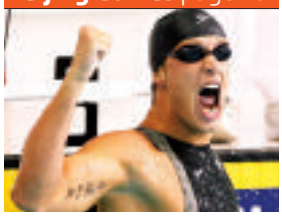

Hayden set to make a splash

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Buskers' festival takes final bow

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Anticipating new savings

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Don't get too close, Pam says

Sports page 9

Prof's prediction: No gold rush

ETIENNE RANGER/FOR METRO OTTAWA

Re-enactors depicting the Royal Sappers and Miners, the engineers who directed construction of the Rideau Canal, walk across the locks where the canal flows into the Ottawa River yesterday during the closing day of the Rideau Canal Festival, which coincided with Colonel By Day in Ottawa. More coverage, page 2.

If the shoe fits

Rideau Canal Festival has objective for a zero footprint

TRACEY TONG
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Zero might really have meant zero yesterday in Ottawa.

Touting itself as a "zero-footprint" event, the new Rideau Canal Festival not only honoured the canal's recent designation as a UNESCO world heritage site, but it also tried to honour the environment.

Festival president and CEO Michel Gauthier learned that the zero-footprint objective was something attendees "really appreciated."

"They really bought into the concept," he said. "Part of the intent of this was to get the public to realize the things they can do."

Festivalgoers arrived riding bicycles or public transit and toting reusable food and drink containers. A special calculator will be used to find out how much emissions there were as a result of the festival, and carbon credits will be used to help offset the impact.

"We're aiming for zero, but we could end up in the positive."
Festival president, CEO Michel Gauthier

"We're aiming for zero, but we could end up in the positive," said Gauthier.

Lynne Bowker thought the zero-footprint festival was a good idea.

"It sends a good message," said Bowker, who did her part by walking to watch the flotilla from her downtown home with her husband, Peter, and their children, Esmee and Nicolas.

Travelling between the National Arts Centre and Dow's Lake, the 27-boat flotilla was one of the festival's highlights, as was the Energy Ottawa Green Rendezvous and environmental fair.

The free festival, which wrapped yesterday, celebrates the Rideau Canal's world heritage status as well as its place in the hearts of Ottawans.

"I think the public is proud of the Rideau Canal, but I think we've also been taking it for granted," said Gauthier. "The UNESCO designation makes us realize we have a treasure here — Ontario's only world heritage site. This was an opportunity to celebrate it."

The Adopt-a-Metre campaign was also a success, with individuals buying about 1,000 metres of the Rideau Canal to buy carbon credits to offset the impact of the festival.

Man dead in alleged street racing incident

TRACEY TONG
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A Gatineau man died Sunday afternoon when a car believed to be street racing with a motorcycle crossed lanes and crashed into his vehicle.

At around 2:30 p.m., witnesses reported seeing a black car racing a motorcycle in the westbound lane of Maloney Boulevard when "the car lost control, swerved into oncoming traffic and hit another car, a white Saturn, head on," Gatineau Police Lieut. Andre Dubois said yesterday.

Info

• While police have witnesses to the collision, they still want to speak to the driver of the motorcycle. Anyone with information can call Gatineau police at 819-234-2346.

The driver of the oncoming car, a Gatineau man in his 50s, died at the scene, Dubois said. Police are not releasing the victim's name.

The driver of the black car suffered serious but non-life-threatening injuries to his leg, and his passenger suffered from shock and other minor injuries. They were both taken to hospital.

The motorcyclist left the scene. "We don't know if he knows if there was an accident or not," Dubois said.

Police will not identify the driver of the black car until charges of dangerous driving causing death are formally laid against him, likely today.

Ottawa man hails cab after being shot

GATINEAU A man suffering from a gunshot wound to his leg arrived at Montfort Hospital by taxi yesterday.

The 35-year-old Ottawa man was picked up by a cab along L'Hôtel-De-Ville Street in Gatineau, less than two kilometers from Ottawa, and transported to the Montfort, where staff contacted police.

The man's injuries are not considered life-threatening. The man underwent surgery to remove the bullet yesterday morning. Investigators planned to speak with him after he recovers.

METRO OTTAWA

Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher C. Dave Kruse

Early morning fire destroys Russell home

A home in Russell, south of Ottawa, was completely destroyed in an early morning blaze yesterday. Firefighters arrived at the Groves Road home at about 3:30 a.m. A male resident suffered minor injuries due to smoke inhalation. CTVOTTAWA.CA

Ottawa

Paramedic mourned

City paramedics are wearing black ribbons on their uniforms to grieve the loss of a former colleague after Gatineau paramedic Marie Lou Dubois, 28, was killed in a hit-and-run collision early Saturday morning on Highway 105, about 100 kilometres north of Ottawa. METRO OTTAWA

Man holds up coffee shop

GLEBE Police are seeking a knife-wielding suspect after coffee shop employees were held up Saturday evening.

Shortly before 7:30 p.m., a man entered a Bridgehead store in the Glebe and produced a knife. He attempted to pry the cash register open using the knife, but did not succeed. He fled without taking anything.

The suspect is a white male in his late 20s, five-foot-10 tall with a slim build and brown hair. He was wearing a blue and white polo shirt and jeans at the time of the incident.

TRACEY TONG/METRO OTTAWA

Woman jogger sexually assaulted

BIKE PATH A female jogger was sexually assaulted near a city bike path late Saturday night.

A man bent over on a bike path tying his shoe suddenly grabbed the 30-year-old woman as she jogged past him. He dragged her into a wooded area, where he beat and sexually assaulted her.

The incident happened between 8 and 10 p.m. on Saturday, along a bike path bordered by Carling Avenue, Connaught Avenue, Highway 417 and the Transitway. The suspect is described as a black male, between 20 and 30 years old with a slim build. He was wearing a white T-shirt and dark pants.

Anyone with information can contact the Ottawa Police Sexual Assault Section at 613-236-1222, ext. 5944.

TRACEY TONG/METRO OTTAWA

News in brief

ATTACK A dog that viciously attacked a 21-year-old city man was put down on the weekend after police bullets failed to stop it. The man suffered severe wounds to both arms.

TRACEY TONG/METRO OTTAWA

metronews.ca
What's online today.

Read Allan Small's investment advice, a recap of the weekend's Lollapalooza music festival in Chicago and reviews of the video games Overlord: Raising Hell and NCAA Football 09
Watch MetroTube of the Day – video you need to see
Play online Sudoku!

TIM WIECLAWSKI/METRO OTTAWA

Sean Bridges, a.k.a. the BikeBoy, prepares to juggle a sword and a flaming torch while balancing on a bicycle at the top of a 10-foot pole yesterday at the close of Buskerfest.

Buskers, crowds enjoy street fest

TIM WIECLAWSKI
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The first time Silvio Gavillucci took part in a busking act, he made 10 dollars.

Silvio, age 8, was recruited out of the crowd watching Sean Bridges, the BikeBoy, to hand him a balloon animal as he balanced on a bicycle atop a 10-foot pole.

"I was scared because I thought he was going to pick me up to go on the bike," Silvio said afterwards. Instead, he was rewarded with $10.

"It was different. I didn't know whether he was going to take it back or not," Silvia Gavillucci joked after BikeBoy had finished his act by juggling a sword, a torch and a chainsaw.

But Silvio got to keep the money and thanked Bridges after his last performance at Buskerfest on Sparks Street, yesterday.

This is Bridges' eighth appearance at the festival. Having travelled to 96 countries in the last eight years, he now spends most of the year at home in Sydney, Australia. He tours one month per year, with Ottawa being a recurring destination.

"I really like how friendly everyone is. They're very supportive," he said.

Fellow Aussies Sophie and Jake McGrath, who make up Dream State Circus, were fortunate when it came to the weather.

"We did perform in the wet, but every show we did, it stopped raining," said Sophie.

"We have that sort of luck," said Jake.

The married acrobatic duo has performed in 38 countries over the last eight years, but this is their first time in Ottawa.

"It's a really beautiful place, with Parliament Hill and the streets, it's just a really nice festival," said Sophie.

quarter million

- Total attendance for the five days is estimated at nearly 250,000, said Sharon McKenna, executive director of the host Sparks Street Mall.

Former city fire chief electrocuted

A former Ottawa fire chief and a New York state trooper were electrocuted Sunday afternoon while they were stopped on the Ogdensburg-Prescott International Bridge, just south of Ottawa.

Pierre Surprenant, 51, was driving back to Canada in his antique fire truck after participating in a show in the Syracuse area. He was also towing a trailer with another vehicle.

New York State Police say Surprenant stopped on the international bridge to repair a tire. Trooper Shawn W. Snow, 47, was assisting him when they raised the fire truck's ladder to change the tire. The ladder came in contact with a power line, killing the two men instantly.

Surprenant was the former fire chief at the Ottawa International Airport but was living in Montreal.

The Ogdensburg-Prescott International Bridge was closed overnight Sunday as police investigated, but reopened yesterday around 5:30 a.m.

CTVOTTAWA.CA

'Colonel By' finds Ottawans know their Rideau Canal

TIM WIECLAWSKI
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"I'm always amazed at how much people know their own history."
Allan Meltzer

As a historical interpreter portraying Lieut. Colonel John By, people often ask Allan Meltzer if he's noticed a lot of changes in Ottawa over the last 176 years.

Looking up from the Rideau Canal locks near the Bytown Museum, Meltzer sees more similarities than differences.

"Except for the Chateau (Laurier), it's not that different. The canal is as (By) built it. The canal is still as large as it was when the Colonel dug them."

Meltzer has portrayed Colonel By in historical interpretations for eight years, donning the red royal engineer's uniform of the man responsible for construction of the Rideau Canal several times a year for functions at the Bytown Museum and elsewhere.

"I'm always amazed at how much people know their own history," said Meltzer during Colonel By Day celebrations yesterday. "The majority of Ottawans are quite up on their history, especially in the last couple of years with Ottawa celebrating its 150th and the canal's 175th."

Meeting Colonel By was one of the highlights for Claude Baudoin's young daughters. They came to the locks to see the aboriginal activities and other events.

"The kids liked the costumes," he said. "The lady with the spinning wheel was very interesting."

This year the festivities got a boost from the Rideau Canal Festival, according to Meg Hamilton, executive director of the Council of Heritage Organizations in Ottawa.

As the main attraction on the last day of the new festival, Colonel By Day drew many more people out to the Bytown Museum than in the previous 12 years.

"In terms of marketing and just getting the word out, it's been very helpful," said Hamilton.

ETIENNE RANGER/FOR METRO OTTAWA

Allan Meltzer, dressed as Lieut. Colonel John By, rests by one of the 'crabs' that is used to open and close the locks on the Rideau Canal yesterday.

Cab driver robbed by knife-wielding suspect
A man picked up at King George Street asked to be taken to Hemlock Road early Sunday morning, where he then held a large knife to the Blue Line cab driver's throat and stole his money and car keys. A police canine unit was called in, but could not locate the suspect who is described as a black male, six-feet tall with a small build. METRO OTTAWA

City commute computes

OnTrack

Nadine Doolittle
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"Would that everything in life was as easy as getting the bus."

I'm feeling good vibes for all things transit these days. Honestly, I can find nothing to grumble about this week.

It must be August. Is that the sun? By golly, let's celebrate. After a few weeks in which city transit sometimes took its lumps in this space, let's switch things up with some good news (imagine that, in a newspaper!)

Here are my Top Five reasons to applaud OC Transpo, in no particular order of importance:

1. Improved signage identifying courtesy seating. "It's about educating the public and it makes everybody's life easier," says OC Transpo head Alain Mercier.

Some riders will squawk that a sign can't change behaviour, but if that were the case, then why would corporations spend billions of dollars on advertising each year?

2. Much needed, long awaited: OC Transpo is considering prohibiting large strollers on buses.

Some moms and dads have threatened to stop taking the bus if their stroller is deemed too large to board.

If they only realized how little weight this threat carries with bus operators and crowded riders alike. Bring it.

3. Pets allowed — maybe. I know, the jury is still out on this one whether this is a good thing.

But the fact that the powers that be are giving it a think is a positive.

Many will disagree, but with 25 municipalities operating pro-pet transit systems with no problems, it's just churlish to nix it here without at least giving it a trial.

If the city breaks out into a violent allergic rash, well, at least we can say we tried.

4. New fare boxes. Glitches aside, they're new! The old fare boxes have been in use since 1970; replacement parts are no longer available for them.

The new boxes have two intake slots: one that accepts paper and bills and another that accepts coins. Jamming problems aside, and given the usual passenger confusion with all things new, the bugs are being worked out. And, hey, they're new!

5. OC Transpo bus operators and riders. A sometimes dysfunctional, co-dependent relationship that mostly works.

Without riders there wouldn't be drivers and without drivers, there wouldn't be riders. Informed, opinionated and passionate, they love to hate the system (and occasionally each other) with equal parts wit and wisdom.

Sometimes you just gotta laugh. It doesn't take much to make this group happy though; a reliable system with reliable equipment and some basic common sense all around seems to be enough.

Would that everything in life was as easy as getting the bus.

Nadine Doolittle is an award-winning writer and a public transit user for the past 35 years.

News in brief

NEAR DROWNING A bystander saved an 18-year-old woman from drowning after he pulled her, unconscious, from the bottom of a swimming pool Sunday afternoon. At around 3:20 p.m., a woman who had been swimming lengths of a pool at an apartment complex on Walkley Road stopped moving and slid to the bottom of the pool. She had no vital signs when a male bystander pulled her from the pool and continued CPR until Ottawa Paramedics arrived. Paramedics are crediting the man with saving her life.

BREAK AND ENTER An Ottawa man faces charges after police made an arrest at the scene of a break and enter early Sunday morning. Police said they received a call from a neighbour at 12:24 a.m. who heard the sound of breaking glass at a house in the 200 block of First Avenue. Upon arrival, officers observed a broken window and someone inside the residence. Officers used a nearby ladder to climb onto a small roof and searched the residence. Daniel St. Jean, 25, faces charges of break and enter. METRO OTTAWA

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A Capital Weekend is a collection of images reflecting the weekend that was in Ottawa-Gatineau.

A Capital Weekend

Hitting the heights

Fearless Flugtag competitors, high-flying buskers and a quick bridge change kept the city in motion this weekend

Above, the Ottawa team Dread Baron plunges into the Ottawa River after launching off a ramp during the Red Bull Flugtag event at the Museum of Civilization on the weekend. Over 50,000 people watched 32 teams try to pilot homemade crafts.

Right, a drummer relaxes back stage before the start of a free weekend concert by the Band of the Ceremonial Guard on the grounds of Rideau Hall on Sunday.

Below, Raian Ali, front, smiles after her make-up and costume fitting while her friend Duaa Asim receives the same treatment, with help from Asim Mukhtar, during the weekend Muslim Summer Festival at Britannia Park.

A Capital **Weekend**

Etienne Ranger Photos/for Metro Ottawa

The Aerial Angels — a three-woman, high-flying circus act demonstrating feats of grace and strength on an aerial silk — performed during Ottawa's Buskerfest on the weekend.

Above, thousands attended the first night of the Les Grands Feux du Casino fireworks show Saturday in Gatineau. Russia, the defending champion, opened the event with a brilliant display.

Left, Ottawa's Clyde Avenue Bridge was replaced in less than 24 hours on the weekend using rapid replacement technology.

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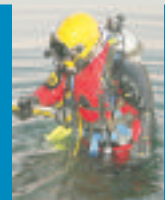
HIV treatments just as effective on drug addicts

Drug abusers benefit just as much from HIV drugs as people who are infected sexually or some other way, Canadian researchers reported Sunday. Their findings contradict widespread worry that drug abusers cannot stick to treatment. In many places, drug users are less likely to be prescribed the lifesaving drugs. REUTERS

Canada

"The woman and the child had been stuck in the car and the car ran away in the water."

Sgt. Marc Butz of Quebec provincial police speaking about the search for a woman whose car plunged into a lake. Her son was found dead.



Drowning

Witnesses said the car went into the lake from a washed-out section of road in Quebec's eastern Témiscouata region.

SOURCE: CBC NEWS ONLINE

Pam keen on KFC's new bird

JEFF HODSON
Metro Canada

One of B.C.'s biggest stars ended her public feud with fast-food giant KFC in Vancouver yesterday.

Pamela Anderson rolled up to a KFC on Davie Street just after noon yesterday to mark the end of a Canadian campaign against KFC by the People for Ethical Treatment of Animals (PETA).

"The colonel would be pleased to have Pamela Anderson support his new faux-fried chicken sandwich," said Nicole Matthews, a campaigner with PETA.

Wearing large dark sunglasses and a black PETA T-shirt, the 41-year-old actress stepped out of a black SUV and greeted fans and curious onlookers.

RAFE ARNOTT/METRO VANCOUVER

PETA supporter Pamela Anderson ended her feud with fast-food giant KFC yesterday and ordered a faux chicken sandwich at a KFC in Vancouver.

Amid a swarm of cameras, she marched into the restaurant, ordered a new faux-chicken vegetarian sandwich and wolfed it down on the sidewalk while giving photographers the thumbs up.

Anderson, who was born in Ladysmith, B.C., and was discovered at a B.C. Lions game, has been among those attacking the fast-food restaurant for the past five years over the way its chickens are farmed and slaughtered.

Anderson even narrated a PETA documentary about the chickens' treatment.

However, over the past couple months, KFC in Canada has worked with PETA to improve the welfare of birds, including changing the way chickens are killed — using inert gas to render them unconscious instead of slitting their throats while still awake.

PETA campaign

- PETA's campaign against KFC continues around the world and in the U.S.

Accused on suicide watch

JEFF CUMMINGS
Metro Canada

BEHEADING A 40-year-old Edmonton man accused of repeatedly stabbing and beheading 22-year-old Winnipegger Tim McLean in a Greyhound bus remains on suicide watch, says an employee at the Winnipeg Remand Centre.

During a brief phone interview with Metro yesterday, the employee said Vince Li has been moved into the centre's segregation unit and is currently being watched by five guards.

"That's all I can say at this point," said the employee who wanted to remain anonymous.

Li, who faces a second-degree murder charge, has refused to speak to a lawyer and admitted he's suicidal. Li, who had no previous history with police according to Mounties, is expected to make another appearance in court.

News in brief

B.C. FEET What appears to be another sneaker-clad human foot has washed ashore in waters near British Columbia, this time in Washington state, U.S. newspapers report. A sample has been sent to the RCMP to confirm the finding.

QUEBEC FLOODS Provincial cabinet ministers toured flood-stricken areas of Quebec yesterday and promised the government would help those in need. Some areas received as much as 70 millimetres of rain.

METRO NEWS SERVICES

Thank You Premier McGuinty
for protecting Ontario's Boreal Forest

Dear Premier McGuinty: We thank you for your bold and visionary commitment to the world's future in your recent announcement to protect 225,000 square kilometers of Ontario's still intact Boreal Forest. As scientists who have had the opportunity to carry out research and engage with policy makers around the world, it has been rare that we have been witness to conservation actions of truly historic proportions. Canadians, and really all citizens of the world, should recognize that your pledge is such an action.

It is difficult to find political leaders who will heed the recommendations of science, especially when it is not easy to do so. We are among more than 1,500 scientists from around the world who last year sent a letter to Canadian government leaders pointing out the global importance of the Boreal as one of the last large undeveloped and wild forest ecosystems left on earth. To maintain its abundance of caribou, wolves, bears and billions of birds, its function as a global warming buffer for the world, and its ability to sustain the many First Nations that make their lives within it, we should strive to protect at least 50% of the Boreal from habitat loss and degradation. Premier McGuinty, you were the first provincial minister in Canada to acknowledge this fact and move it from recommendation to implementation.

We hope that leaders from around the world will follow your lead in increasing the amount of protected areas in their regions. We particularly hope that other Canadian provinces will accept Ontario's challenge to raise the conservation bar. We look forward to seeing the results of this commitment in Ontario and throughout Canada over the next decade.

Sincerely,

Pascal Badiou, Ph.D.
Ducks Unlimited Canada and University of Manitoba

John Jacobs, Ph.D.
Memorial University of Newfoundland

Jeremy Kerr, Ph.D.
University of Ottawa

Micheline Manseau, Ph.D.
University of Manitoba

Stuart Pimm, Ph.D.
Duke University

Peter Raven, Ph.D.
Washington University in St. Louis and Missouri Botanical Garden

Terry Root, Ph.D.
Stanford University

Nigel Roulet , Ph.D.
McGill School of Environment

James Schaeffer, Ph.D.
Trent University

David Schindler, Ph.D.
University of Alberta

James Strittholt, Ph.D.
Conservation Biology Institute

Nancy Turner, Ph.D.
University of Victoria

Andrew Weaver, Ph.D.
University of Victoria

INTERNATIONAL BOREAL CONSERVATION CAMPAIGN

CANADIAN BOREAL INITIATIVE | INITIATIVE BORÉALE CANADIENNE

Freeman in serious condition

Oscar-winning U.S. actor Morgan Freeman was hospitalized in serious condition yesterday with a broken arm and other injuries after the car he was driving careened off a rural highway in Mississippi and rolled several times, authorities said. REUTERS

World/Business

16 Chinese police dead in bomb attack

100,000 cops and soldiers ready for Olympic opening

Suspected Muslim separatists with homemade bombs killed 16 police in Western China yesterday, state media said, reporting one of the worst attacks by militants on Chinese soil just four days before the Olympics.

The attack, about 4,000 km from the capital in the old Silk Road city of Kashgar, was a reminder of internal tensions in China, especially in its largely Muslim west.

Police had warned ethnic Uighur separatists were planning attacks in the run-up to the Games. They said they arrested the two attackers in Kashgar and identified them as Uighurs.

China's President Hu Jintao told a meeting of the International Olympic Committee (IOC) the Games would display the desire of the world's most populous country to join with the rest of the planet in "building a bright future."

The Beijing Organizing Committee of the Games said it was sure athletes and spectators would be safe, while the IOC also reassured millions of visitors and more than 10,000 athletes taking part in what it called a "landmark event."

"The IOC is confident the Chinese authorities have done everything possible to ensure the security and safety of everyone at the Games," it said in a statement.

About 100,000 police and soldiers are on standby ahead of Friday's opening ceremony, and security has been stepped up in Tiananmen Square, scene of the 1989 pro-democracy uprising, with all visitors' bags being screened. REUTERS

Return of the smog

- Beijing's pollution-fuelled haze was back yesterday after three rare blue-sky days, but authorities said air quality was fairly good. The Communist government says drastic measures — like ordering nearly 2 million of the city's cars off the road and closing smoke-belching factories — have helped.

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Business

Active traders replace day traders of 1990s

DISCOUNT A growing number of Canadians are becoming "active traders," embracing volatile stock markets instead of shying away, say discount brokerages.

While active traders — those who buy or sell at least 10 times a month — make up only about 3 per cent of an estimated three million online accounts in Canada, they are responsible for about a third of overall trading volume.

Experts say recruits are getting on board because of vastly improved technology, a plethora of available research and sizeable fee reductions in recent months. Most brokerages slashed fees to less than $10 a trade last fall. TORSTAR NEWS SERVICE

Trader vs. trader

- John See at TD Bank Financial Group says active traders are older, better-educated and wealthier than the day traders of the 1990s and have interest in fundamentals. Their demographic is also shifting to women and immigrants, particularly Chinese.

Climber safe after 11 die

K2 Rescuers have reached an Italian mountaineer who refused to succumb to frostbite and exhaustion on K2 after 11 other climbers perished on the world's second-highest mountain, a Pakistani guide said yesterday.

"Marco (Confortola) is being accompanied by four rescuers and most probably, he'll be brought tonight to the Advance Base Camp (ABC) that is at an altitude of 6,000 metres," Sultan Alam, a Pakistani guide, told Reuters from K2 base camp.

Edouard ravages Gulf of Mexico

STORM Tropical Storm Edouard disrupted shipping, cut refinery production and shut some offshore oil and natural gas output yesterday as it churned across the Gulf of Mexico toward landfall along the upper Texas Coast today. REUTERS

Russia Author mourned

REUTERS/ALEXANDER NATRUSKIN

Children leave flowers at the gates to the house of Alexander Solzhenitsyn, an author critical of the tyranny of the Soviet rule, in the outskirts of Moscow. Russians yesterday mourned Solzhenitsyn, who died of heart failure late Sunday in his home outside Moscow at the age of 89.

News in brief

ENVIRONMENT An assessment for an IUCN "Red List" of endangered species released yesterday found that 48 per cent of the world's monkeys and apes are facing a worsening threat of extinction because of deforestation and hunting.

HOSTAGES Hely Mejia Mendoza, a senior member of Colombia's FARC guerrillas has been charged for his role in the hostage-taking of three Americans who were rescued last month in Colombia, the U.S. Justice Department said yesterday. REUTERS

In brief

AUTO SALES Canadian vehicle sales and leases climbed 5 per cent, or more than 7,000 vehicles, to 149,515 cars and trucks during July from the same month last year. That's in sharp contrast to the U.S., where several players including GM, Toyota and Ford, posted double-digit declines for the month. METRO NEWS SERVICES

Honda facing supply shortage

CARS Honda Motor Co. said its output of passenger cars would fall short of demand at least to March. To ease the shortage, it plans to transfer production of pickup trucks from Ontario to Alabama to make more room for Civics in Canada. REUTERS

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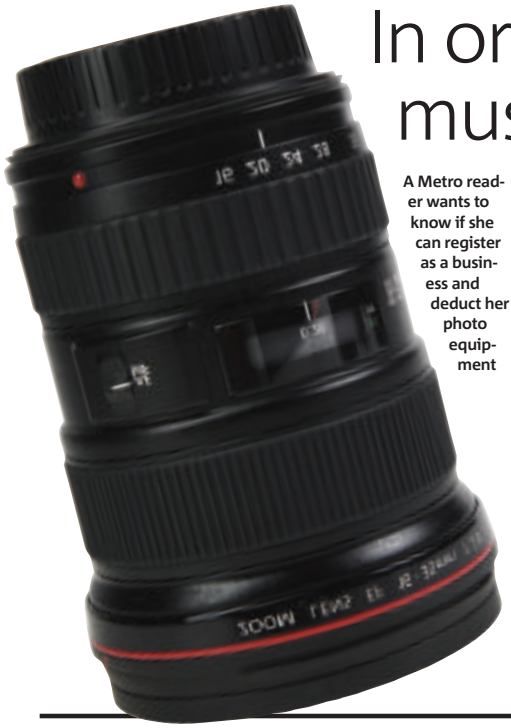
Interest rates/Savings accounts
METRO NEWS SERVICES

Your Money

YOUR MONEY EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

At tax time, a hobby is just a hobby

In order to deduct expenses, you must be earning business income



A Metro reader wants to know if she can register as a business and deduct her photo equipment

Q I've worked in retail for more than four years. However, my passion is photography. This year, I spent more than $3,000 on photographic equipment which I used extensively on my last vacation. My boyfriend suggests I register a business and deduct these as costs. Is that possible? Teresa

A Expenses incurred for the purpose of earning business income may be deducted for tax purposes.

These would include such costs as advertising, office supplies, accounting and legal fees, auto expenses, material costs, etc.

A family trip to Disney and pictures with Mickey would not be deductible. Costs incurred in the enjoyment of an individual's hobby are not deductible for tax purposes.

"The act of registering a business in itself does not necessarily mean the entity qualifies as a business for tax purposes."

The act of registering a business in itself does not necessarily mean the entity qualifies as a business for tax purposes.

Those who pursue activities such as art, music, photography, writing and the like as hobbies should be diligent that their activities are commercial in nature if they're going to claim expenses.

Proper books and records are essential in making legitimate claims.

Here are some factors the tax courts may use in determining if expenses are legitimate claims:

- Expenses incurred for earning income.
- Reasonable expectation of profit.
- Intention of individuals.
- Time devoted to business enterprise.
- Capital utilized.

MoneyMatters

Henry Choo Chong

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Henry Choo Chong, CGA provides professional accounting and taxation solutions, choochonghcga@yahoo.ca.

InvestmentPerspective

Allan Small

Read this week's column at metronews.ca

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TICO

Anticipating the joys of tax-free savings accounts

SmartCookies

smartcookies.com

$5,000 As of Jan. 1, 2009, Canadians will be able to deposit up to $5,000 each year into the new tax-free savings accounts introduced by the federal government.

We'll admit we did a little happy dance when we heard that the federal government will be offering tax-free savings accounts(TFSA) to taxpayers 18 years and older in 2009.

Let's be real — it's not every day our government introduces a new tax savings vehicle.

You can be sure that we'll be some of the first in line to register and we think you should be too.

With the introduction of tax-free savings accounts, the government hopes to motivate Canadians to contribute towards their savings.

As of January 1, 2009, Canadians will be able to deposit up to $5,000 each year into these new tax-free savings accounts.

The accounts will enable individuals to save for future investments, perhaps a new home, car or child's education, and earn interest on these funds without being taxed on the earnings.

Similar to an RRSP, unused savings contributions can be carried forward to the next year. So if you don't contribute $5,000 one year, you can contribute more than $5,000 the next year.

"Unlike an RRSP, Canadians will not be penalized for withdrawals. In fact, withdrawing funds will create space for future contributions — we love it!"

And, unlike an RRSP, Canadians will not be penalized for withdrawals.

In fact, withdrawing funds will create space for future contributions — we love it!

We became even more excited when we started crunching the numbers and worked out the potential tax savings.

Because the interest income earned within a TFSA will not be taxed, a Smart Cookie contributing $200 a month to a TFSA for 20 years will accumulate about $11,045 more in savings than if the investment had been made in a taxable savings account.

We're sure you could find creative ways to put $11,000 to good use.

Already a number of major Canadian banks are gearing up to offer these tax-free savings accounts.

For example, ING Direct, one of our favorite institutions for GICs and high interest accounts, has begun promoting the top 10 benefits of the tax-free savings account.

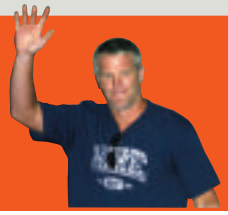
So if you weren't motivated to save before, you have less than six months to get ready to save and invest in a bright new future. As our friends at ING say, there's no such thing as savers' remorse.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Lester named top AL pitcher for July

Boston Red Sox left-hander Jon Lester was named the American League's Pitcher of the Month for July, posting a 3-0 record with a 2.05 earned run average. For the season, Lester is 10-3 with a 3.14 ERA and 101 strikeouts in 146⅓ frames. METRO NEWS SERVICES

Sports



Favre reinstated, back with Packers

The NFL officially reinstated veteran quarterback Brett Favre, left, yesterday, clearing the way for his return to the Green Bay Packers. NFL commissioner Roger Goodell's announcement ended constant media speculation on the 38-year-old's playing status after he had retired earlier this year. Meanwhile Goodell has completed his review of tampering charges levied by the Green Bay Packers against the Minnesota Vikings involving quarterback Favre and said no league rules were violated.

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

FRED THORNHILL/REUTERS

Toronto Blue Jays' David Eckstein, left, scores in the eighth inning despite the efforts of Oakland Athletics catcher Kurt Suzuki, right, to hang on to the ball with the tag in last night's game.

Halladay tosses a gem in Jays' win

BLUE JAYS 6 ATHLETICS 1

MLB After a disappointing turn in Texas, the Blue Jays plane pulled into Toronto early yesterday morning. Most of the players weren't in their beds until 5 a.m.

When manager and early riser Cito Gaston arrived at the clubhouse yesterday afternoon, his team's star pupil was hard at work. Roy Halladay had flown home early to prepare for last night's start and was already engrossed in the tunnel vision of his pre-start rituals.

"You walk in the video room, he's watching tapes. You could stand there for a half-hour and he won't know you're there," Gaston said.

The Jays manager mused about where Halladay stood in the pantheon of great pitchers he's coached — Cy Young winners like Roger Clemens and David Cone, as well as Toronto legend Dave Stieb.

"Doc's right there with them," Gaston said.

Gaston likes to reminisce about the glory days with this club, to draw comparisons with the two eras he's overseen. Most of the time, understandably, the current one comes up short. But with Halladay, Gaston's praise is lavish and unequivocal.

"It's really my pleasure to manage a guy like Doc," Gaston said. "But there's not much managing to it."

Halladay went out and proved it again last night. He allowed only four hits over eight innings. Gaston might have allowed him to try for his eighth complete game of the year, but Halladay tired in the eighth. He gave up a solo home run to Bobby Crosby, his only real mistake of the night. Scott Downs wrapped up Halladay's 13th win as the Jays won 6-1.

The Jays rarely need many runs with Halladay pitching. From the outset, Oakland starter Sean Gallagher seemed determined to stake them to as many as they liked.

Gallagher struggled, running up counts and always having the knack of finding the wrong answer to the key question. In only three innings of work, he threw 94 pitches.

Three of the Jays runs came off Gallagher errors. In consecutive innings, he hit Toronto batters with the bases loaded. An inadvertent headhunting pitch that sailed past catcher Kurt Suzuki brought another across.

"If you watch (baseball) long enough you're going to see something happen that's never happened before," Gaston said with a smile.

With Gallagher struggling, Halladay was happy to put Oakland under.

On the night, he notched eight strikeouts, one off his season high. That moves him to second place in the American League in that category behind teammate A.J. Burnett.

Halladay's current strikeout total, 149, is already more than he's thrown in any season since 2003, the year he won the Cy Young.

TORSTAR NEWS SERVICE

Don't expect a golden Games

YorkReport

Marty York

marty.york@metronews.ca

With apologies to world-champion kayaker Adam van Koeverden, and perhaps a few others in this country, there will be no gold medals for Canadians at the coming Olympics in Beijing.

So says Daniel K. N. Johnson, an economics professor from B.C. who devised a formula in 1999 that has enabled him to forecast with uncanny accuracy how countries will fare at the Olympics.

Johnson is predicting Canada will finish 16th in Beijing. Before the Athens Olympics in 2004, he predicted the United States would win 103 medals, including 37 golds. The U.S. team wound up with exactly 103 medals, 35 of which were gold. His formula's overall medal accuracy exceeds 94 per cent.

Johnson, who teaches at Colorado College, uses a formula that considers per-capita income, population, climate, political structure and home-nation advantage.

"We use no information about athletes, about their training programs, about how they've done in previous games," Johnson said. "It's just pure economics."

His formula's success rate has beaten "every bookie on the market," he said. "It's beaten Sports Illustrated and all the Olympic committees, national and international. It surprises even us that such a simple model performs so very well."

Professor Daniel Johnson's predictions

- U.S.A.: 103 medals, 33 gold
- Russia: 95 medals, 28 gold
- China: 89 medals, 44 gold
- Germany: 66 medals, 18 gold
- Japan: 37 medals, 16 gold
- Hungary: 31 medals, 10 gold
- Italy: 29 medals, eight gold
- G. Britain: 28 medals, three gold
- France: 27 medals, five gold
- Australia: 26 medals, two gold
- S. Korea: 24 medals, six gold
- Poland: 24 medals, six gold
- Bulgaria: 23 medals, six gold
- Netherlands: 22 medals, six gold
- Sweden: 19 medals, six gold
- Canada: 17 medals, no gold

• Ron Lancaster was a great CFL quarterback but he also smoked a lot and, sadly, we're told he's battling lung cancer. He personally asked former Tiger-Cat assistant coach John Salavantis to replace him recently as Hamilton's radio analyst … Speaking of the Ticats, don't be surprised if Charlie Taaffe is replaced as their head coach if his team loses to the Toronto Argonauts Thursday … And don't be surprised also if Doug Berry is out as the Blue Bombers' head coach if Winnipeg loses to the Montreal Alouettes Friday. … Both Hamilton and Winnipeg are three-point underdogs at home this week … And how the heck did referee Jake Ireland make yet another blunder by believing Calgary linebacker JoJuan Armour deliberately knocked down an umpire early in the Stampeders' loss Saturday? How could Ireland eject Armour? Isn't it time for the CFL to eject Ireland? Permanently?

• ESPN's E.J. Hradek on the Vancouver Canucks: "They're going nowhere. (New general manager) Mike Gillis doesn't know what he's doing."

• Rogers Sportsnet's and CBC's Rance Mulliniks on ex-superstar Carl Yastrzemski: "He literally carried the Boston Red Sox on his back in 1967."

Literally? Man, they must have been heavy.

When will the networks pull the plug on Mulliniks? He's almost as embarrassing to them as Ireland is to the CFL.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
Tampa Bay	66	45	.595	—
Boston	64	48	.571	2½
N.Y. Yankees	61	50	.550	5
Toronto	56	56	.500	10½
Baltimore	53	57	.482	12½

CENTRAL DIVISION

	W	L	PCT	GB
Minnesota	62	49	.559	—
Chicago Sox	61	49	.555	½
Detroit	55	56	.495	7
Kansas City	52	60	.464	10½
Cleveland	49	62	.441	13

WEST DIVISION

	W	L	PCT	GB
L.A. Angels	69	42	.622	—
Texas	58	54	.518	11½
Oakland	53	58	.477	16
Seattle	42	69	.378	27

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
Philadelphia	61	50	.550	—
Florida	59	53	.527	2½
N.Y. Mets	58	53	.523	3
Atlanta	51	60	.459	10
Washington	41	70	.369	20

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	67	45	.598	—
Milwaukee	62	51	.549	5½
St. Louis	62	52	.544	6
Houston	53	57	.482	13
Cincinnati	52	61	.460	15½
Pittsburgh	51	60	.459	15½

WEST DIVISION

	W	L	PCT	GB
Arizona	57	54	.514	—
L.A. Dodgers	56	55	.505	1
San Francisco	46	64	.418	10½
San Diego	43	69	.384	14½

YESTERDAY'S RESULTS

AMERICAN LEAGUE

Toronto 6 Oakland 1
Cleveland 5 Tampa Bay 2
N.Y. Yankees at Texas
Boston at Kansas City
Baltimore at L.A. Angels
Minnesota at Seattle

NATIONAL LEAGUE

Cincinnati 6 Milwaukee 3
Houston at Chicago Cubs
Washington at Colorado
Pittsburgh at Arizona
Atlanta at San Francisco

TODAY'S GAMES

AMERICAN LEAGUE

Oakland at Toronto, 7:07
Cleveland at Tampa Bay, 7:10
N.Y. Yankees at Texas, 8:05
Boston at Kansas City, 8:10
Detroit at Chicago White Sox, 8:11
Baltimore at L.A. Angels, 10:05
Minnesota at Seattle, 10:10

NATIONAL LEAGUE

Houston at Chicago Cubs, 2:20
Florida at Philadelphia, 7:05
San Diego at N.Y. Mets, 7:10
Milwaukee at Cincinnati, 7:10
L.A. Dodgers at St. Louis, 8:15
Washington at Colorado, 9:05
Pittsburgh at Arizona, 9:40
Atlanta at San Francisco, 10:15

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	3	3	0	6
Toronto	3	3	0	6
Winnipeg	1	5	0	2
Hamilton	1	5	0	2

WEST DIVISION

	W	L	T	GB
Saskatchewan	6	0	0	12
Edmonton	4	2	0	8
Calgary	3	3	0	6
B.C.	3	3	0	6

WEEK 6

FRIDAY'S RESULT

Toronto 19 Winnipeg 11

SATURDAY'S RESULT

Saskatchewan 22 Calgary 21

BASEBALL

CAN-AM LEAGUE GAMES FEATURING THE OTTAWA RAPIDZ:

LAST NIGHT'S GAME

Sussex at **OTTAWA**

TONIGHT'S GAME

Sussex at **OTTAWA**, 7:05

LOTTERIES

Friday, August 1, 2008

Lotto Super 7 — 1, 14, 24, 26, 31, 36 & 45. Bonus 13.
Pick-3 — 2 4 1
Pick-4 — 1 1 2 4
Encore — 2603140
Daily Keno — 3, 4, 9, 12, 13, 18, 20, 23, 26, 27, 35, 36, 42, 43, 50, 51, 55, 58, 67, 69.

Saturday, August 2, 2008

Lotto 6/49 — 2, 9, 26, 44, 47 & 49. Bonus 34.
Ontario 49 — 17, 37, 38, 43, 47 & 48. Bonus 33.
Lottario — 8, 10, 16, 18, 34 & 35. Bonus 42.
Early Bird — 7, 17, 29 & 39.
Pick-3 — 0 9 1
Pick-4 — 7 7 3 8
Encore — 5289532
Daily Keno — 1, 3, 10, 13, 18, 19, 22, 29, 35, 39, 43, 52, 53, 59, 60, 61, 67, 68, 69, 70.

Sunday, August 3, 2008

Ontario Pick 3 — 8 4 0
Ontario Pick 4 — 7 6 3 9
Encore — 3396153
Daily Keno — 2, 3, 7, 16, 18, 19, 22, 23, 24, 26, 28, 32, 33, 35, 54, 58, 61, 65, 68, 69.

Monday, August 4, 2008

Ontario Pick 3 — 0 1 6
Ontario Pick 4 — 0 7 4 6
Encore — 4315191
Daily Keno — 8, 15, 16, 18, 19, 20, 22, 26, 27, 30, 33, 40, 41, 47, 53, 57, 59, 62, 63, 65.

Results not official

Sports in brief

NHL The San Jose Sharks re-signed forward Ryane Clowe to a one-year contract yesterday.

NFL Carolina Panthers star receiver Steve Smith returned to practice yesterday for the first time since breaking the nose of teammate Ken Lucas during a sideline fight.

NFL Denver Broncos receiver Brandon Marshall will likely be suspended for three games at the start of the regular season for violating the NFL's personal conduct policy, according to the NFL Network.

METRO NEWS SERVICES

Women's soccer team takes to the field

The Canadian women's soccer team takes on Argentina at 5 a.m. tomorrow in the opening game of the round robin games in Group A, which also has China and Sweden in it. METRO NEWS SERVICES

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Tennis federation not happy with IOC

SCHUETTLER The International Tennis Federation is not pleased about a decision rendered by the Court of Arbitration for Sport ruling that German tennis player Rainer Schuettler will be allowed to compete in Beijing.

Schuettler did not meet the ITF's qualification criteria but was named to the German team over another player who did.

The ITF said the decision could jeopardize its involvement in future Olympic Games.

METRO NEWS SERVICES

Fencer's doping test confirmed

BANNED Italian fencer Andrea Baldini, who failed a dope test last month, had the existence of a banned diuretic confirmed in his B-sample yesterday, the Italian fencing federation (FIS) said.

Baldini, the world No. 1 foil fencer, has asked for a DNA test to be carried out on the samples, the FIS said. REUTERS

Rogge expects 'landmark event'

BEIJING The Beijing Games will be a "landmark event" for the Olympic movement, with more countries and more women competing than ever before, International Olympic Committee president Jacques Rogge said yesterday.

REUTERS

Sports in brief

NAKED Some of Britain's top athletes have decided to bare all ahead of the Beijing Olympics. Triple jumper Phillips Idowu, cyclist Rebecca Romero and swimmer Gregor Tait have all been photographed taking part in their individual sports stark naked as part of an advertising campaign for a sports drink.

REUTERS

Tomorrow's lineup

NO EXCUSES Unlike past flag-bearing athletes, Adam van Koeverden isn't suggesting carrying his country's colours will be detrimental to his success. Pick up tomorrow's Metro for more.

3 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

Hayden looks to medal

Swimmer from Mission, B.C., hoping to make a splash at Olympics

JEFF VINNICK/GETTY IMAGES

World champion Brent Hayden, of Mission, B.C., suffered a back injury in the winter. But that's not going to keep him from trying to win a gold medal in Beijing, he says.

MARTY YORK
Metro Canada

Only one Canadian, we're told, has any shot whatsoever of making a big splash in the swimming pool at the Olympic Games in Beijing.

He's a world champion — Brent Hayden of Mission, B.C. — but, frankly, we can't even be overly optimistic about his chances.

"He should make the final," says Byron MacDonald, CBC's swimming analyst, "but I don't think he'll reach the podium."

So how can a 24-year-old world champion in the prime of his career not be a medal favourite?

Well, first, let's clarify: Hayden is actually the world's co-champion, because he and Italy's Fillippo Magnini were co-winners of the men's 100-metre freestyle race during last season's world championships. Second, Hayden's best time of 48.30 would only place him ninth in the world at this point. And, third, Hayden suffered a back injury in the winter, which appears to have slowed him down — at least a bit.

And you wouldn't believe how he was hurt. It wasn't in a pool or in a gym. No, it happened while he was, er, modelling for a photo shoot. (He was promoting the Speedo LZR suit in Los Angeles in March.)

"All the hours of posing," he said. "The back just tightened up on me."

While he still competed at the Canadian Olympic trials in April and won his 100-metre freestyle race, Hayden was rushed afterward to hospital, where tests revealed a small, nerve-touching bulge in a lower-back disk.

Training has been difficult for him since, but he insists he's ready for the Olympics.

Even asthma, which he was diagnosed with two years ago, doesn't discourage him.

"There'll be no excuses," he said. "I'm going for gold."

As soon as he got gold at the 2007 world championships in Australia, Hayden became recognized as the one Canadian swimmer with a legitimate chance to earn an individual medal in Beijing. He is also a podium threat with the rest of the men's 4x200-metre freestyle team.

The pressure's on, certainly, but "my relaxed attitude keeps me grounded," he said. "I want to win a medal and I'm not worried about what other people expect."

"There'll be no excuse. I'm going for gold."
Brent Hayden

Hayden has overcome adversity before.

Shortly before his accomplishments in Australia, his grandfather died.

"He was the last person I was thinking about before I got onto the block and my first thought after I realized I won the gold medal," Hayden said. "It was really hard trying not to cry in my interviews because I knew I wasn't going to see him when I got home."

And shortly after swimming in the Olympics in Athens four years ago, Hayden inadvertently walked into a street demonstration while out on the town and wound up being beaten by Greek police officers.

"I saw a psychologist because of that," he said. "It took me months to get over it. When I tried to get back into training, I'd have mental breakdowns and would start crying."

He hopes to be crying tears of joy in Beijing.

Triathlete Whitfield breathing easier than most

Images from Beijing paint a bleak picture of lung-clogging pollution and a grey haze engulfing what will be the centre of the sports universe when the Olympics begin.

From his relatively idyllic home in Victoria, triathlete Simon Whitfield sees them and has a wish.

"I'm just hoping everything's been Photoshopped," said the former Olympic gold medallist.

But even as Whitfield hopes things aren't as bad as many expect, the Games continue to lurch from controversy to controversy.

A day after allegations of falsified ages for young gymnasts rocked the host country and the satellite equestrian venue was worried about the possibility of bird flu in the area, journalists found that Chinese officials were blocking access to several websites.

"I could condemn it, I could praise it and nothing will change."
Simon Whitfield

But these things don't affect Whitfield, who is calm as his third Olympics approach.

The 33-year-old, a gold medallist in Sydney eight years ago and 11th in Athens in 2004, figures it does him no good to worry about what the conditions might be when he races.

"I could condemn it, I could praise it and nothing will change," he said.

STUART FRANKLIN/GETTY IMAGES

Canadian triathlete Simon Whitfield.

Easing his mind a little bit is the fact he won't be in the middle of Beijing soaking up whatever irritants are floating in the air.

The triathlon venue is a bit more than an hour outside the city and Whitfield and his teammates will be ensconced there, rather than in the athletes' village.

Whitfield said the decision to live outside the village had nothing to do with conditions there.

"I think we responded to the fact other countries have done that," he said, singling out teams from Australia, Great Britain, Spain and New Zealand. "What we're doing, basically, is evening the playing field."

In a decision he said was made during Olympic planning about two years ago, Whitfield won't even get to Beijing until the second week of the Games, five days before his race. That's about two days earlier than he would normally get to a competition and should be enough time to get acclimated to China.

"I'll be watching (the opening ceremonies) from a bike shop here in Victoria," he said.

TORSTAR NEWS SERVICE

Sweet fruit drinks not so healthy
Sweetened fruit drinks are often marketed as a healthier alternative to non-diet soft drinks but are just as likely to cause weight gain and increase the risk of diabetes, researchers said last week. REUTERS

Health

Increased stroke risk

Non-smokers married to smokers have a greatly increased chance of having strokes, according to a U.S. study published last week showing yet another hazard from second-hand smoke. Being married to a smoker raised the stroke risk by 42 per cent in people who have never smoked compared to those married to someone who never smoked, the researchers said. REUTERS

HEALTH EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

When the going gets rough

Urinary tract infections can be more prevalent in summer

CELIA MILNE
for Metro Canada

Do you feel like you have to pee all the time?

You're certainly not alone. You may have a bladder infection or an infection in another part of your urinary tract (urethra, ureters or kidneys).

Urinary tract infections are a common problem in women, and may be more prevalent in the summer.

"UTIs can arise if you're dehydrated, and there is definitely more dehydration in the summer months," says Dr. Dan Ezekiel, a family doctor in Vancouver.

These infections often occur in women after sex and "maybe there is more sex going on in the summer," surmises Dr. Ezekiel.

Signs of a UTI are: burning sensation when you pee; needing to go pee often; feeling the urge to urinate even when you don't need to; leaking urine; blood in the urine; fever; feeling sick. If you have these signs, you should see a doctor, who can treat the infection with antibiotics and also rule out a more serious illness.

The best way to prevent UTIs is to drink plenty of fluids, as they will help flush away the infection.

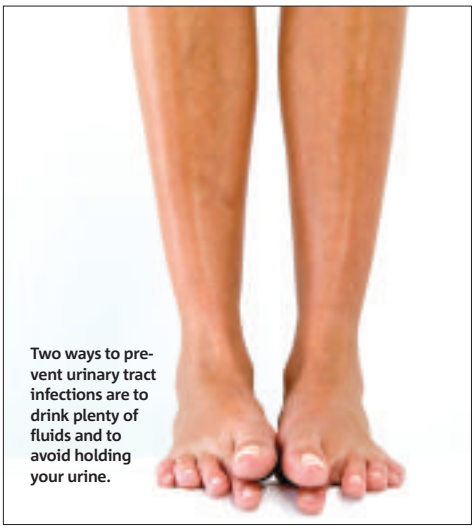
Cranberry juice — especially the unsweetened kind found in health food stores — is useful in helping prevent these infections.

"UTIs can arise if you're dehydrated, and there is definitely more dehydration in the summer months... (and) maybe there is more sex going on in the summer."
Dr. Dan Ezekiel, family doctor

Dr. Ezekiel also suggests cleaning your genital area well and/or douching after having intercourse.

Other tips, adapted from the College of Family Physicians of Canada website, include:

- Don't hold your urine; go to the bathroom as soon as you need to.
- After a bowel movement, wipe from front to back, as infection can spread from the anus to the urethra.
- Go pee right after having sex, to help wash away bacteria.
- Try using a water-based lubricant, such as K-Y Jelly, during sex.
- Women who use a diaphragm are more susceptible to UTIs, so try a different method of birth control.



Two ways to prevent urinary tract infections are to drink plenty of fluids and to avoid holding your urine.

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SMILE RIDEAU STYLE

Stick Out Your Tongue and Brush

Ever since we were children, our parents taught us about the **importance of brushing our teeth**. We may not always have been so eager to comply, but, grudgingly, we headed off to the bathroom to clean our teeth before bed.

As parents today, now it is up to us to make sure our little ones get into the habit of keeping their teeth clean. May we suggest that you also teach them to **clean their tongues.**

It may not be pleasant to think about it, but **the tongue is prime breeding ground for bacteria.** Millions of these organisms make their home in this small little area of the body. In fact, as much as 70% of the bacteria found in the mouth make their home on the tongue.

Most cases of **bad breath** are due to the build up of bacteria on the tongue. Simply cleaning your tongue on a daily basis might be all it takes to help you if you suffer from chronic bad breath.

But bad breath is not the only reason to brush your tongue. **Bacteria build-up on the tongue can cause serious health concerns.** As it extends to the gum line, it can cause **periodontal disease.**

Healthy Habits Lead to Healthy Lives
Dr. Martin LaBoissonniere
Dental Surgeon

More serious problems, such as **infections**, can occur if the bacteria finds its way into the bloodstream. These infections may not necessarily remain in the mouth. Blood flows throughout the body and it can transport that bacteria wherever it goes.

If you are thinking of **getting your tongue pierced**, you have even more reason to keep your tongue clean. **The piercing creates an open wound that gives easy access for the bacteria to get into the blood stream.**

Even if you manage to avoid any infections from the piercing, you have created a great place for bacteria to accumulate. **People with pierced tongues who fail to properly clean around the piercing are more likely to have bad breath that those without piercing.**

While we recommend against any piercings in the mouth area, we know that for some, the desire to have that look will just be too compelling. It is that much more important for you to keep the area around the piercing as clean as possible.

Even if you have not pierced your tongue, your regular oral hygiene routine should include brushing your tongue daily and visiting your dentist every six months. This will help alleviate bad breath, reduce the risk of periodontal disease and may even prevent a more serious infection. Brushing your tongue is a healthy habit…and healthy habits lead to healthy lives.

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Keane achieves Perfect Symmetry

Keane have announced details of their new album. The trio said it has experimented on Perfect Symmetry, the band's third studio LP. It's due out Oct. 13. **ANANOVA.COM**

Entertainment

Thriller

Nicolas Cage, left, and director John Carpenter are to team up for a prison thriller, Scared Straight. Filming is to start in October.

Ananova.com

ENTERTAINMENT EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to studio estimates:

1. **The Dark Knight:** $43.8 million US
2. **The Mummy: Tomb of the Dragon Emperor:** $42.5 million
3. **Step Brothers:** $16.3 million
4. **Mamma Mia!:** $13.1 million
5. **Journey to the Center of the Earth:** $6.9 million
6. **Swing Vote:** $6.3 million
7. **Hancock:** $5.2 million
8. **WALL-E:** $4.7 million
9. **The X-Files: I Want to Believe:** $3.4 million
10. **Space Chimps:** $2.8 million

REUTERS

Entertainment in brief

SURPRISED Nikki Blonsky's friend and Hairspray costar Brittany Snow is taken aback at the news of Blonsky's arrest for alleged assault, People.com reports. "I really hope the best for her, ... she's one of the sweetest girls I've ever met."

Blonsky, 19, and her father were arrested after a brawl with America's Next Top Model contestant Bianca Golden's family. Golden was also charged with assault.

METRO NEWS SERVICES

Mad Men makes big splash

IntelleVision

Rick McGinnis

rick.mcginnis@metronews.ca

MAD ALL OVER (AGAIN): The only time my vacation felt like exile was when I realized I'd be missing the season two premiere of AMC's Mad Men.

Thankfully, this is 2008, not 1962, and the magic of the Internet will solve almost anything, though thanks to two weeks in Nova Scotia meant I'd missed the final, fever pitch of the US$8 million dollar promotional campaign AMC put behind the show.

It apparently paid off, with nearly two million viewers tuning in for the return of Don Draper and the men and women of Sterling Cooper, though the numbers for Sunday's episode will tell how many new pairs of eyes Mad Men has retained. For all the praise the show has received — and the critical consensus following the season debut was almost universally agog — it has to be remembered that Mad Men's numbers are still a fraction of, say, the average audience for an episode of House.

While the show's viewers are largely part of a demographic that advertisers crave — adult professionals — it remains to be seen whether simple economics might see the show succeed itself right off the schedule, proving itself a luxury, not an asset, for AMC. In the meantime, the show has become a cultural event, influencing fashion — Michael Kors new line is openly influenced by the styles of the pre-Beatles early '60s, and department stores are scouring rental houses for Eames chairs and Herman Miller office furniture for their Mad Men windows — while the prominent placement of a book of poetry by Frank O'Hara rocketed the book thousands of spots up on amazon.com.

Disappointment is my constant friend, but I can't say that creator Mark Weiner, the show's cast and writers have lapsed into complacency with the season's first two episodes. Set barely a year and a half in the future from season one's finale, there are few new characters, but it's obvious that the women are going to feature more this season. The men of Mad Men haven't proved to be as fascinating overall.

Still a brooding cipher despite the revelations of the first season, the show's nominal protagonist, Jon Hamm's Draper, doesn't have much to offer so far besides some incipient health problems. By Sunday's episode, Vincent Kartheiser's oily, opportunistic Pete was yielding more abundant dramatic dividends, and it's hard to imagine him receding into the background, especially since he's one of the few who, to quote Bob Dylan, doesn't need a weatherman to know which way the wind is blowing.

Rick McGinnis writes about music, movies, books and television, but not opera.

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Applegate fighting cancer

Actress Christina Applegate, famed for playing the ditzy daughter Kelly Bundy on television comedy Married ... With Children, is fighting breast cancer, but is expected to make a full recovery, her spokeswoman said the weekend.

GETTY IMAGES

Christina Applegate was diagnosed with breast cancer, but is expected to make a full recovery.

Applegate, 36, was diagnosed with cancer during a regular MRI, spokeswoman Ame Van Iden said in an email.

"Christina is following the recommended treatment of her doctors and will have a full recovery," Van Iden said.

Applegate, whose mother, Nancy Priddy, battled both breast caner and cervical cancer, has been an advocate for breast cancer research.

She rose to fame in the 1980s on Married ... With Children and now plays an amnesiac in her own television sitcom, Samantha Who? **REUTERS**

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DVD pick

The Counterfeiters

Director: Stefan Ruzowitzky
Stars: August Diehl, Karl Markovics, Devid Striesow
Rating: R

THE WINNER of this year's Oscar for Best Foreign-Language Film leaves no conscience unchallenged. A concentration camp drama based on historical events, it's the rare drama that blurs the line between light and dark. It's Ruzowitzky's retelling of The Devil's Workshop, the wartime memoirs of Adolf Burger, who was a member of Operation Bernhard, a secret Nazi project to bankrupt the economies of the U.S. and Britain. Extras include four deleted scenes, a director commentary and interviews that include revealing stories from the real Adolf Burger.

TORSTAR NEWS SERVICE

MoreOnline metronews.ca

Help really is at hand

HineSight

Anne Hines

I've never understood paying a psychiatrist to explain what's wrong with me. I have relatives who'll do that for free.

But, if I'm feeling a little down I do spend an hour with a trained professional. Marni, my manicurist. When you're in Marni's chair, the only thing that might be blue is your polish.

Marni:

"I dunno. Men. You can't live with them, you can't push them in front of a train. Ask my aunt. I told my fiancée I'm not going to work once we get married. Just sit home all day. You know what he said? "That's OK by me, honey."

What's that about? I'd go crazy staying in that apartment. I said, "I have to get out, you know. Women need to work too." And he said, "If you want to work, that's OK." What am I supposed to do with that? He keeps changing his mind. Stick out your tongue. Oh that's bad. I read an article. You're not eating enough liver. Or too much. One or the other. I've got a recipe.

Put a chicken liver in a pan with the claws and beak and everything. You know, like usual.

Add mugwort. Whatever kind you got, you don't need the fancy type. Cook it over low, medium low, high heat. Take that look right out of your tongue. And, if you got any left, you can use it to clean your countertop. Works perfect.

"Today marriages last 22 years ... So, we get married when we're 60. Who's got the energy to get divorced when they're 82?"

What colour you want today? Not pink. You're a Leo. Pink isn't good for Leos. If you were Gemini you could have pink, no problem. For Leo, wearing pink saps your power. I read an article. Orange. That's your power colour. Makes you virile. Or maybe agile. Either way it's good, eh?

My fiancée is giving me trouble. Keeps wanting to get married. I said we'll get married when we've been together a little longer. So far? Eight years. I don't want to rush into anything, you know? Today marriages last 22 years. I read an article. So, we get married when we're 60, then no divorce. Who's got the energy to get divorced when they're 82? I mean besides my aunt, but she ate a ton of liver, you know?

OK, all done. Next time we'll do a pedicure. Women who get pedicures never have depression. It's true. I read an article."

And you know what? I believe her.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/5/08 primetime	265	353	2	TVO	Into the Wild	Into the Wild	The Agenda With Steve Paikin		The Amazing Mrs. Pritchard		No Place Called Home		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	Wipeout (N)		Big Brother 10 (N)		In Plain Sight (N)		News (N)
	-	-	5	SRC	Des squelettes	Tout	Beautés désespérées (SC)		Bons baisers de France (SC)		Le Téléjournal (N) (SC)		TJ Ontario
	209	342	6	CHRO	Wheel-Fortune	Degrassi: Next	Celebrity Family Feud		America's Got Talent (N)				News (N)
	196	311	7	CTV	eTalk	Jeopardy!	Canadian Idol	Robson Arms	Criminal Minds (HDTV)		Without a Trace (HDTV)		News (N)
	208	303	8	CBC	Coronation St.	Just-Gags	Rick Mercer	22 Minutes	The Tudors "Episode 5"		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy!	Celebrity Family Feud		America's Got Talent (N)				News (N)
	117	713	10	TVA	Les Anges de la rénovation		Km/h (SC)	Caméra café	La Grande Évasion (HDTV)		TVA 22 heures	Sucré-salé	*Courtepointe*
	-	-	11	QS	Ste-Madeleine	Chemin du golf	*L'Arme fatale 2* ★★★ (1989, Action) Mel Gibson. (SC)		*Le Pacha* (1968, Drame policier) Jean Gabin.		Cent dix pour cent (SC)		Journal du soir
	137	763	12	TFO	Panorama	Les Éclaireurs	Tournants de l'histoire					Jardins	Geographic
	-	362	13	CBS	Dr. Phil		NCIS "Angel of Death"		Big Brother 10 (N)		Without a Trace (HDTV)		Two/Half Men
	216	395	14	OMN2	Law & Order: SVU		News (N)		News (N)		King	King	Cold Case
	214	344	15	CITY	Friends	Hollywood	Hell's Kitchen		(9:01) I Survived a Japanese Game Show (N)				News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	Real Housewives		Simple Life	Kardashians	Pam: On Loose	Sunset Tan	News (N)
	-	361	20	ABC	News (N)	Entertainment	Wipeout (N)		(9:01) I Survived a Japanese Game Show (N)				News (N)
	512	396	24	CPAC	Tête-à-tête	Beyond Poli	À la une		Dossier public				À la une
	651	355	25	CTS	Full House	Facts of Life	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Kitchen Nightmares (PA)		House (HDTV PA)		News (N)		News
	-	-	64	PBS	Business Rpt.	Beijing-Ready	Nova (DVS)		Wide Angle		P.O.V. (N)		
	205	312	104	CTV	Hollywood	eTalk	Canadian Idol	Robson Arms	Criminal Minds (HDTV)		Without a Trace (HDTV)		News (N)
news	502	390	26	NW	CBC News	Mansbridge	The Hour		CBC News: The National		A Whale of a Tale		National
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	UFC 87 Countdown		European Poker Tour		Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet Con.
	126	730	28	RDI	RDI en direct	400 fois Qué	Grands reportages NSA. (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	MLB Baseball Oakland Athletics at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre (HDTV) (Live)		
	410	403	52	SCR	To Be Announced		Basketball Australia vs. United States. From Shanghai, China.				Score Tonight	To Be Announced	
	411	457	56	OLN	Exploration	Videos	Survivorman		Angry Planet	Surf Patrol	Adventures	Strand-Peters	Pilot Guides
	417	406	59	SC	Pinks	Pass Time (N)	Unique Whips		Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks
family	554	544	48	TEL	George-Jungle	Tom & Jerry	Tom and Jerry	6teen	Total Drama	Futurama	*Beavis and Butt-head Do America* (1996)		
	557	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Prank Patrol	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach (DVS)		Mystery Hnt.
cable variety	570	580	29	MM	mmmtop	Uncovered	Listed		40 Hottest Hotties of the '90s				Listed
	615	520	31	A&E	The First 48		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: NY
	521	560	34	TLC	What Not to Wear		Say Yes-Dress	Reception	Must Love Kids (HDTV) (N)		Wear-Triple Thread		Say Yes-Dress
	145	761	35	TV5	Toute une histoire		Pas bête		La Prophétie d'Avignon		La Zone des Champions		Journal TV5
	616	521	39	SHO	ReGenesis (HDTV)		Blue Murder		Trailer Park	Kenny-Spenny	CSI: NY (HDTV)		House
	620	523	40	BVO	Bazart	Bravo!Videos	Smokey Joe's Cafe: The Songs of Leiber and Stoller				Live at the Rehearsal Hall		Law & Order
	520	505	42	DIS	Daily Planet		How It's Made	How It's Made	Mighty Ships Vehicle carrier.		Deadliest Catch (N)		Daily Planet
	575	583	43	CMT	Canada Countdown		Beyond Chance		Reba	Hope & Faith	Home Improve.	Roseanne	CMT30
	601	562	45	SLC	End of Leash	Til Debt-Part	Newlywed	In Laws	Shear Genius		Plastic-Perfect	Matchmaker	Newlywed
	625	548	46	COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.	Tom Green	Daily Show
	294	529	47	TBS	Family Guy	*Diary of a Mad Black Woman* ★★ (2005, Comedy-Drama) Kimberly Elise.					The Single: Monica		Seinfeld
	600	564	49	H&G	House Hunters	Property Virgin	Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers	Green Force	Holmes-Homes
	627	528	50	SPC	Stargate SG-1		Star Trek: Voyager		Blood Ties (DVS)		Battlestar Galactica		Stargate SG-1
	581	566	53	MTV	Next	Cribs	Canada's Next Top Model		From G's to Gents		From G's to Gents (N)		MTV Live
	618	524	54	TROP	News Show	News Show	ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
	522	506	55	HIS	NCIS "Model Behavior"		*Hiroshima* ★★★ (1995, Drama) Lynne Adams.				NCIS "Model Behavior"		Crime Stories
	129	773	60	CD	Biographies "Gilles Richer"		Pris au piège (HDTV)		National Geographic		Autopsie Le suspect.		Vidéo
	261	394	61	V	Murder, She Wrote		Eyes Down	On the Buses	Quantum Leap		Jozi-H (DVS)		Mysterious
	602	567	62	W	Will & Grace	Friends	Maxed Out	Style by Jury	Kim	Style by Jury	How to Look Good Naked		Maxed Out
	269	350	70	APTN	Wilpogwad	La Course	Le vol de l'aigle		The Journey Richard Peter. (N)		Ind. Games Highlight		Chiefs-Champ
	621	527	71	TLK	Look-A-Like	Hollywood	TMZ (N)	eTalk	Hollywood Sugar Mamas		The Tonight Show-Jay Leno		eTalk
	603	561	95	FN	Grill It-Flay	Licence to Grill	Restaurant Makeover		HEAT-McEwan	HEAT-McEwan	Top Chef "Improv"		Restaurant

critics'corner

Kitchen Nightmares

"Kids. I don't know what's wrong with these kids today ... ." It's great when the next generation joins the family business, not so great when they're jerks. That's the dilemma faced in this episode by the owner of a restaurant on New York's Long Island, whose son, the head chef, is alienating staff and customers alike. Time for Gordon Ramsay to play family counselor as well as restaurant reformer ... and dish up some tough love. 8 PM on 36 FOX

Smokey Joe's Cafe: The Songs of Leiber and Stoller

If you didn't see it live on-stage, you can still get some of "Smokey Joe's" magic through this special, which records the final performance of the longest-running musical revue in Broadway history. Stars include Ken Ard, Adrian Bailey, Matt Bogart, Brenda Braxton, Victor Trent Cook, B.J. Crosby, DeLee Lively, Deb Lyons and Frederick B. Owens 8 PM on 40 BVO

Brad, Angelina introduce twins to world — at a price

Actors Brad Pitt and Angelina Jolie have shown off their month-old baby twins, Knox Leon and Vivienne Marcheline, for the first time in People magazine. The couple sold the rights to the first pictures to People for an estimated $11 million US. IMDB.COM

Celebrity Buzz

Boy George talks about drug use

PEOPLE Boy George only quit drugs at the end of last year, femalefirst.co.uk reports.

The former Culture Club front man — who has revealed he used to be a heroin addict — says he spent much of the last five years taking illegal substances every day.

"I've been strung out on drugs for the last five years. But this time I'm clean for good. I don't want to die," he said. "I've spent five years in this chemical cloud. Getting clean at the end of 2007 was a very big thing. I was using half my brain, half my personality on drugs. One day I took a little and then I was on four grams a day. Up until six months ago, I had a really bad problem."

The singer has now vowed to stay clean for good.

"A friend took me to a Narcotics Anonymous meeting and I was like an old f—ing man. I could barely walk I'd been using so much f—ing drugs," he added to Q magazine.

METRO NEWS SERVICES

ALL PHOTOS GETTY IMAGES

'Shifty' gives sobriety new shot

PEOPLE Crazytown front man Seth Binzer is having another go at sobriety after returning to the TV program Sober Living, imdb.com reports.

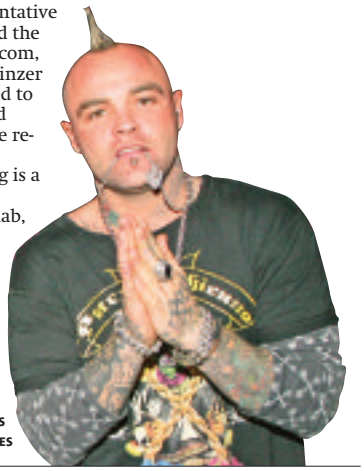
Late last month, the rocker walked out of the California mansion, where the show's contestants attempt to rebuild their lives without drink and drugs, and allegedly embarked on a heavy binge.

But Binzer — formerly known as Shifty Shellshock — has now re-entered the Sober Living house in an attempt to kick his habits once and for all.

His representative has confirmed the news to TMZ.com, adding that Binzer has apologized to his family and friends for the relapse.

Sober Living is a spinoff from Celebrity Rehab, which previously helped Binzer get clean with the assistance of addiction specialist Dr. Drew Pinsky.

METRO NEWS SERVICES



celebrity brief

Jess knew it wouldn't work with John

RELATIONSHIPS Jessica Simpson always knew she would split up with John Mayer, because she felt destined to be with someone else, femalefirst.co.uk reports.

The pop star broke up with ex-husband Nick Lachey in 2005 after three years of marriage.

"I was going through a lot of pain," she tells the new issue of Elle magazine. "I didn't try anything to change my life other than dating different types of guys and conforming to their worlds. I thought I had to be artsier, more intellectual ... John believed in the Jessica Simpson that's within. He cherished our love. He helped make me the woman I am today. John is going to be an amazing man for someone, but I know that I was supposed to be with someone else."

METRO NEWS SERVICES

Britney not dating staffer, publicist says

RELATIONSHIPS Britney Spears' publicist has denied she is dating her minder, after the pair was photographed enjoying a vacation together, femalefirst.co.uk reports.

The superstar singer and a security guard, known only as Lee, were spotted last week on a Mexico beach, prompting rumours of a romance.

METRO NEWS SERVICES

Jake, Reese deny engagement

RELATIONSHIPS Reps for actors Reese Witherspoon and Jake Gyllenhaal are denying tabloid reports that the couple are engaged, People.com reports.

"They are not engaged, getting married or any of the reports," the reps said, calling the reports "lies."

Witherspoon, 32 and Gyllenhaal, 27, began quietly dating in April 2007. They recently were seen together in Paris with Witherspoon's kids.

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

John Mayer helped make **Jessica Simpson** the woman she is today? OK, Jessica, I'm no therapist, but the first step in fixing what's broken is to stop pointing fingers at others and begin to acknowledge your own personal responsibility in whatever disasters you have helped to create. This is true whether we're discussing your own life, or the Dukes of Hazzard movie.

Listen, I don't want to hear about Crazytown's front man getting clean and sober. I want my Crazytown in its original condition. Crazy! Like a town full of craziness. Listen up, **Shifty Shellshock**, there's a reason your band isn't called Well-Adjusted Village, or Level-headed Hamlet. Stay crazy, or lose me as a fan!

Pamela Anderson's ban on closeups is only a stop-gap measure. She has doctors working round the clock on perfecting the first "head transplant." Now if only she could find a donor. I wonder if they froze **Jayne Mansfield**'s head? Could be a perfect match.

I pity **Boy George**. It's nice that he appears to have quit the junk, but inevitably someone's going to play his old Culture Club records for him. And that's more than anyone should be asked to endure without the aid of contraband substances.

NEWSDESK@METRONEWS.CA

Pam puts kibosh on closeups

TELEVISION Pamela Anderson has banned close-up shots of her face during filming of her new reality show, femalefirst.co.uk reports.

The actress, 41, is starring in Pam: Girl on the Loose.

"Pamela still looks fantastic but is clearly determined to look as great as possible on the show," a source told Britain's Daily Express newspaper. "Producers have been informed she has to appear in only flattering lighting — and closeups on her face are apparently a no-no."

METRO NEWS SERVICES

Mary-Kate refuses to talk about Heath

PEOPLE Mary-Kate Olsen has reportedly refused to be interviewed over the accidental drug death of her friend, actor Heath Ledger, unless she receives immunity from prosecution, imdb.com reports.

Federal agents are keen to speak to Olsen because she was the first person called after her masseuse discovered Ledger's body in his New York apartment in January.

Olsen "has refused to speak" and her lawyer, Michael Miller, reportedly claims she won't be interviewed "unless she gets immunity, exercising her constitutional rights."

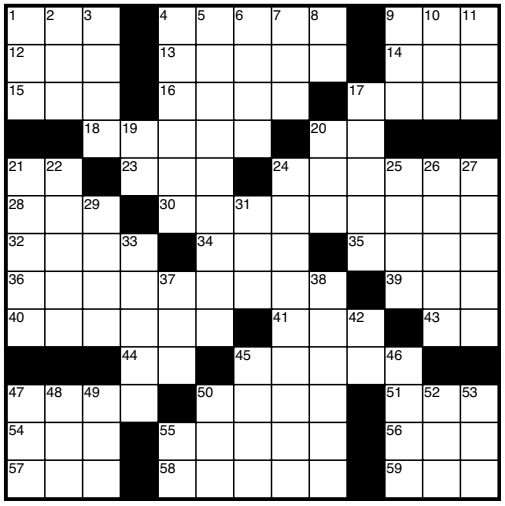
"We are not going to comment on whether there is a criminal investigation," Miller said.

METRO NEWS SERVICES

Bonet heading to Mars

Former Cosby Show star Lisa Bonet, right, is joining the cast of ABC's adaptation of the time-tripping U.K. cop drama Life on Mars. She will play Jason O'Mara's present-day girlfriend. EW.COM

Take Five



Crossword down

1 Palm off
2 Before
3 Tide type
4 Port near Pompeii
5 Popular analgesic
6 Eggy drinks
7 Roast beef au —
8 Love — first sight
9 News network
10 Coffee server
11 Philosopher — -tzu
17 Pass a bill
19 Doubtful answer
20 Excessively
21 Quay
22 Larger
24 Einstein's continuum
25 Frog cousin
26 Ohio Indians
27 Comes unglued
29 Dog in Oz
31 Prince Valiant's eldest
33 Thingamajig
37 Co. honcho
38 Tied the score
42 Cartoonist — Capp
45 Madonna ex
46 Id companions
47 Ballgame stat
48 Pet shop sound
49 Putter's org.
50 Letter before sigma
52 Meadow browser
53 Kitty's plaint
55 Blvd.

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Crossword across

1 Quagmire
4 Shogun's warrior
9 — -de-sac
12 Metal source
13 More or less
14 Brady Bill opposer
15 "Luck — — Lady"
16 Jowly canines
17 Cato's year
18 Lurid novels
20 Six-pointer
21 Poet — Auden
23 Sea, to Yves
24 Rather
28 Lean-to
30 Ongoing melodrama (2 wds.)
32 Psyched up
34 Monastery dweller
35 Branch
36 Reserve
39 Jeans go-with
40 Icy
41 A Gabor sister
43 Boat prefix
44 Yr. fraction
45 Stone monument
47 Injection
50 Bridle part
51 Topaz or opal
54 Equip
55 Embarrass
56 Have a mortgage
57 Hot spring
58 Firmed up, as muscles
59 Do alterations

previous day's answer

Y	A	M		P	A	C	K		R	A	F	T
E	R	A		O	P	A	L		A	S	I	A
L	E	I		P	E	R	M	A	N	E	N	T
L	A	D	L	E				A	S	A	N	
			A	S	H		W	H	O			
I	C	K	Y		O	B	I		M	A	L	T
R	O	O			I	A	N			G	O	A
K	N	I	T		S	A	C		M	E	A	N
			A	N	T		E	V	A			
	W	A	R	T				E	L	E	N	A
H	A	U	G	H	T	I	E	R		T	O	N
A	G	E	E		A	C	T	S		C	R	O
M	E	L	T		W	H	E	E		H	A	N

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Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Support is found for a proposed endeavour. You're seen as a force of nature. Progress is made in a passionate connection.

TAURUS
APRIL 21-MAY 21
Critical mass is reached in relationship issues. Random acts of kindness will delight you. Electricity problems cause distress.

GEMINI
MAY 22-JUNE 21
You will be as merry as the day is long. Don't be fooled by current events. Surprising notes are discussed.

CANCER
JUNE 22-JULY 22
Learn to fend for yourself. Someone's confusion will force you to think logically. Don't shut out the possibility of a complete cure.

LEO
JULY 23-AUG 23
Use your natural talent for making conquests. An annoying uncertainty crops up about a friend. Your dedication wins some points.

VIRGO
AUG 24-SEPT 22
Good fortune comes to you. A pushy person makes himself at home. You'll be getting ahead in romance.

LIBRA
SEPT 23-OCT 23
You'll back down quickly when you're wrong. Other people's selfishness gives you grief. The queen of denial is coming for a visit.

SCORPIO
OCT 24- NOV 22
An animated chat informs you of a performance. Get back to basics with a friend. A bad guy is intimidating because he has no respect.

SAGITTARIUS
NOV 23- DEC 21
A man won't rest till a problem is fixed. A disappointment determines the end of a discussion. Losing something causes no pain.

CAPRICORN
DEC 22-JAN 20
A powerful image generates an investment strategy. A callous remark affects your mood. Be rational about bitter deeds.

AQUARIUS
JAN 21-FEB 18
When others panic, you'll go with the flow. There's an amusing surprise in store. Meet with a traveller for help with a scheme.

PISCES
FEB 19-MAR 20
A man will try to do the right thing. Someone with integrity is a welcome addition. A wise guy trying to win a stupid game is humbled.

Sudoku

	3	1		9	8	2		
	6				4			9
			1	7				
		4				8	7	
			5		3			
	2	5				9		
				5	6			
4			7				6	
		6	4	3		1	2	

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

5	1	7	6	9	2	4	8	3
4	6	8	1	7	3	5	2	9
9	2	3	5	4	8	1	7	6
2	8	5	9	6	1	7	3	4
3	9	4	8	2	7	6	5	1
1	7	6	4	3	5	2	9	8
8	3	2	7	1	4	9	6	5
6	5	1	2	8	9	3	4	7
7	4	9	3	5	6	8	1	2

SUDOKU SOLVE TIME IN MINUTES:

Under 13. . . . . Genius
13-17 . . . . . Scholar
17-21. . . . . Smart
21-25. . . . . Not bad
25+ . . . . . Keep practising

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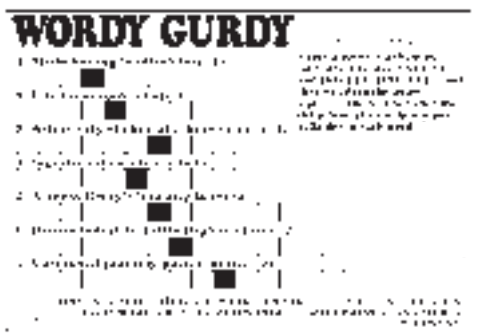
WORDY GURDY



Ottawa weather

Afternoon	Tonight	Wednesday	Thursday	Friday
Partly cloudy. 25°	70% Showers. 17°	80% Thunder-storms. 22°/ 15°	70% Thunder-storms. 21°/ 15°	60% Showers. 23°/ 14°

The Weather Network theweathernetwork.com

Temperature
Normals
High: 26.1°
Low: 14.7°

Records
High: 34.1°/2001
Low: 6.1°/1951

Sunrise: 5:52 a.m.
Sunset: 8:24 p.m.
Moonrise: 10:50 a.m.
Moonset: 10:06 p.m.

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